



2019 ANNUAL REPORT



\$16,000

Amount awarded in scholarships to the Class of 2019.

\$7,110

Amount distributed in the form of mini-grants in 2019.

400

Households served via Friends Feeding Friends

\$100,000

Amount we are hoping to raise in 2020.

132,681

Pounds of food distributed to district residents through the Friends Feeding Friends food pantries.

2006

Household visits to the Friends Feeding Friends food pantries.

\$4,960

Amount donated to Friends of Mascoma through the Coop's Pennies for Change

4,500+

Volunteer hours in support of our programs and events.

Holly West, *President*

Kate Stewart, *Vice President*

Carol Cusick, *Treasurer*

Liz Murray, *Secretary*

Beth Felix, *Community Outreach*

Matt Dow, *Projects Facilitator*

Andrew Cushing, *Alumni Outreach*

Theresa Sabol, *Community Programs Coordinator*

A Letter from Our Board Chair and Our New Executive Director

Dear Friends,

Friends of Mascoma Foundation is a grassroots charitable organization dedicated to fostering educational advancements and nutritional well-being for students and their families within the Mascoma Valley Regional School District. On October 14, 2019 we celebrated our 5th birthday of becoming a 501(c)(3) and to date we have raised over \$250,000 through support from generous donors and grant programs.

It is hard to believe that just a few years ago the Mascoma school district struggled through several failed school renovation bond votes. In 2014 a renovation bond finally passed and a new high school was built. Some people might have written off our district -- Canaan, Dorchester, Enfield, Grafton, and Orange – as “one of those poor places that doesn’t value education.”

On the heels of the bond passage and with a renewed energy for our district, a group of mostly young alumni got together and formed Friends of Mascoma Foundation -- because we knew better. We are committed to supporting the Mascoma district. We provide support on initiatives that foster educational development and nutritional well-being for our students and their families. We highlight the positives in our area and expand on them through our programming.

Our ragtag crew has grown into a vibrant organization that has sponsored public art in the schools, donated 16 instruments for a musical instrument bank, and awarded mini-grants to educators to do everything from incubating eggs in to the classroom to experiential learning with authors to artist-in-residence collaborations with wood shop classes. We have raised over \$57,000 for scholarships for graduating seniors, organized warm clothing drives, and delivered donor-supplied firewood to homes. We also established a food pantry program called Friends Feeding Friends which has brought over 400,000 pounds of food to those in need.

Throughout the past five years we have honed our focus and developed three major programs: scholarships, mini-grants, and Friends Feeding Friends. We are also pleased to announce we hired our first ever Executive Director, Eula Lee Kozma. Eula started with FOM on August 19th and has hit the ground running . In her role as Executive Director, Eula will have overall strategic and operational responsibility for FOM’s staff/volunteers, programs, expansion, and execution of its mission.

Eula is thrilled for this opportunity and feels that she is a good fit for FOM at this time. Fostering educational development and making sure that the children and families of this community are thriving are two points Eula is very passionate about. She brings a unique perspective to FOM, utilizing experience in fundraising and organizational development as well as education and overall health and wellness to further the mission of FOM. She is inspired by what this group of committed volunteers and founding board members have accomplished in five years and is excited to be a part of FOM’s next chapter.

In our first five years, we’ve learned that meeting basic needs is a fast way to build community. When an already close-knit community finds out about an organization dedicated to helping residents in need, word spreads, and the volunteer network rapidly expands. Volunteers who are fully invested in the mission and are proud of their work keep coming back to help and they spread the word. Through their involvement, they learn about our other programs, and start to support those too. We gain momentum with very successful program we have and volunteer we add leading to more members of this community supporting our cause.

We thank you again for supporting us during our first five years and hope you enjoy reading more about our programs and accomplishments in our 2019 Annual Report. The impressive numbers associated with each program would not be possible without your support. Donations may be made online at www.friendsofmascoma.org/donate or through the enclosed envelope. Thank you in advance for your support! Cheers to another five years!

Holly West

Board Chair

Eula Lee Kozma

Executive Director

Beep Beep!: FOM Drives to Success with Friends Feeding Foodie Campaign

In the Fall of 2019 the Friends of Mascoma Foundation participated in the pilot round of a community crowdfunding project with The Local Crowd Upper Valley (TLC) and Vital Communities. FOM and a cohort of other local nonprofits and for profit businesses, including Whaleback Mountain, Sunrise Farm, and Willow Tree Community Compost, worked together to raise funds for each of their causes while building community and economy in the Upper Valley. We were pleased to be selected and relished the opportunity to increase community engagement and local investment.

For the past several years a generous private donor has allowed us to use their vehicles, including a van and trailer, for our Friends Feeding Friends food distribution program. Earlier this year the private supporter donated both the van and trailer to Friends of Mascoma Foundation, but FOM assumed the costs associated with both vehicles. Use of these vehicles is essential to our Friends Feeding Friends program. The van has become a beloved part of our work and has been dubbed 'Foodie' by everyone familiar with our work. Our volunteers and Foodie travel to the New Hampshire Food Bank once a week. Foodie also travels to Price Chopper and Shaw's in West Lebanon and transports food to three different locations on a weekly basis. Additionally, our team travels to Plymouth once a month for USDA items. Foodie also helps transport food for school families during school breaks.

This donor has also provided financial assistance for our Friends Feeding Friends program in other ways and while we are extremely grateful for their support, we are interested in both our organization's financial diversity and long-term sustainability. In other words: Use of these vehicles is essential to our Friends Feeding Friends program and it's time for us to get our own wheels! Participation in the TLC Upper Valley initiative through Vital Communities allowed us to do just that. Taking part in this inaugural round of community crowd funding was a great opportunity for the Friends of Mascoma Foundation on our way to becoming more financially independent while continuing to deliver our services to the community.

Our Friends Feeding Foodie Campaign was a great success and we thank everyone involved! In just 40 days we were able to raise over \$12,000 to cover the costs associated with Foodie and other components FFF for one year. During the campaign 74 unique donors supported our cause and we had 5 different match opportunities. We were able to offer some wonderful prizes to our supporters including, but not limited to 10 Co-op Food Store Reusable Bags Chock Full Of Goodies, 4 lift tickets to Whaleback Mountain, gift cards to Jake's Market and Deli, a free car or small truck detailing from Shaker Valley Auto & Tire Inc., and one free Line-X protective undercoating from Dyer's. Thank you all!



Program Updates: Friends Feeding Friends

Friends Feeding Friends had another rewarding year with continued community support. During our third year of operation we had approximately 400 households make 2006 visits to our two public pantries. Friends Feeding Friends distributed 132,681 pounds of food to the Mascoma Valley in 2019.

Below are some highlights from our year.

Pantry Overview

FOM operates two public community food pantries serving the towns of Canaan, Dorchester, Enfield, Grafton and Orange. The Enfield Pantry is located in the Enfield town offices and the Canaan Pantry is located in the MTD building behind Canaan hardware.

Both pantries are open once a week and staffed with two volunteers. The pantries provide a free three day supply of food that includes meat, dairy, produce, breads and nonperishables. We also have a variety of personal care items as well as pet food. To shop at either location, a household must show proof of residence, fill out a client informational form, and agree to a pantry policy.

Volunteers

Perhaps the most important part of Friends Feeding Friends is our dedicated team of volunteers. We are so fortunate to have a caring group of community members regular volunteering their time and we are proud to note that we have volunteers from all five towns. On most Tuesdays our team travels to the NH Food Bank in Manchester. Lana Evans, our lead pantry volunteer, keeps everything in order. We don't know what we'd do without her. We also have an amazing prep crew, headed by Cara Drexler, Nancy Smith, Edie Bellion, Annette Hutchins, and Dan Moore who show up unpack every delivery and to sort perishables. This year our Chief Food Transporters were Dan and Sharon Kiley, Sherman Hallock, and Alan Ricard. Teams of two volunteers per shift also donate their time weekly during our public pantry hours. We are always looking for more community members to join our team!

School Collaboration

Each of the Mascoma Valley Regional School District schools has a food representative that acts as a liaison between FOM and the schools. We strive to provide snack type items for each school to have on hand and meal items as well as canned good to send home in backpacks. The pantry in MVRHS and can be accessed by staff at both the high school and Indian River Middle School. Enfield Village School and Canaan Elementary School send food representatives to our Canaan distribution site most weeks. Through this program our community is keeping our students fed and focused during the school day.

To learn more about Friends Feeding Friends visit us online at: friendsofmascoma.org/friends-feeding-friends



New Executive Director Eula Lee Kozma tours the District with Board members Carol Cusick, Holly West, Kate Stewart, Matt Dow and Andrew Cushing.



Sarah Dunkerton and Kaylee Felix volunteer at the 2019 Warm Clothing Drive held at the Canaan Fire Hall.

Partners

The New Hampshire Food Bank (NHFB), part of the Feeding America network, is our chief food resource and allows us to use donated money wisely. In 2019, we received 117,116 pounds of food from them at an average price of \$.03 per pound. For every dollar we spend at the NH Food Bank we can purchase approximately two meals worth of food.

Mascoma Valley Regional High School partners with FOM to help fill 60 boxes of food and personal items for families during school breaks. In 2019 we also supplied 60 turkeys for Thanksgiving. We thank the guidance department at the high school and Indian River Middle School as well Cynthia Collea, our district social welfare agent for helping coordinate these efforts. We also like to give a shout out to Sue McCleary for being a dedicated high school pantry manager.

The Mascoma Valley Firefighters and EMS organize a toy and food distribution event in December for school district families with children. In 2019 the Friends of Mascoma Foundation provided food for 100 families as well as volunteers to help organize the donated toys and gifts.

We partner with **Price Chopper and Shaw's of West Lebanon** through the NHFB Fresh Rescue Program. Through our weekly direct pick up we are able to provide high quality frozen entrees and dairy products to our pantry shoppers.

Willing Hands provides fresh produce and breads to our pantries each week. In 2019 they donated 5,093 pounds of food to FOM.

Tri-County CAP provides commodities to us every month and we travel to Plymouth to pick this up. In 2019 we received 10,472 pounds of perishable and shelf-stable food items.

Cardigan Mountain School and FOM have forged a strong community partnership. Most Sundays student volunteers travel to our Canaan site with a staff member to help with restocking and unpacking the Canaan pantry and distribution site. CMS has tried to eliminate food waste by making frozen dinners for us to distribute in our pantries—WIN! WIN! The student body conducted a food drive and delivered 2,085 pounds of food to us. Great job, CMS!

Mascoma Valley Ecumenical Council provides Thanksgiving boxes of food for Mascoma Valley families via the Ingathering Food Drive. FOM supplied 60 turkeys and helped promote the event.

Upper Valley Humane Society (UVHS) continued their monthly mobile pet food pantry at our Canaan site bringing pet food to share with our residents. Their support allows us to provide dog and cat food on site at both of our locations.

Vital Communities sponsored a Power of Produce Club to introduce and educate children to healthier eating choices through awarding wooden coins to be used at Farmers Markets. FOM was happy to promote and send volunteers to assist kids ages 4-12 in "purchasing" healthy produce.

Program Updates: Scholarships

FOM awarded a record number of scholarships in 2019, we gave 15 scholarships to 15 amazing seniors and the scholarships totaled \$16,000! In total, FOM has been able to award \$53,000 in scholarships since our scholarship program launched in 2016. Class of 2019 scholarship recipients were:

- \$1,500 Roberta Hines and Jerry Liebrand Healthcare Scholarship in Memory of Sadie Seamans Awarded to Morgan Prentiss
- \$1,500 Roberta Hines and Jerry Liebrand Science Scholarship in Memory of Velma Hines Awarded to Rebekah Washer
- \$1,500 Roberta Hines and Jerry Liebrand Science Scholarship in Memory of Verne Hines Awarded to Melissa Ells
- \$1,000 Malformity Labs Women in STEM Scholarship Awarded to Abigail Duhaime
- \$1,000 Malformity Labs STEM Scholarship Awarded to Justin Andrew
- \$1,000 Friends of Mascoma Foundation Scholarship Awarded to Jamie O'Marshall
- \$1,000 Friends of Mascoma Foundation Scholarship Awarded to Garrett Davis
- \$1,000 Friends of Mascoma Foundation Scholarship Awarded to Madison Peavey
- \$1,000 Friends of Mascoma Foundation Scholarship Awarded to Allison Pottie
- \$1,000 Friends of Mascoma Foundation Scholarship Awarded to Henry Clough
- \$1,000 Friends of Mascoma Foundation Scholarship Awarded to Kaitlyn Pushee
- \$1,000 Friends of Mascoma Foundation Scholarship Awarded to Emma Monsanto
- \$1,000 Friends of Mascoma Foundation Scholarship Awarded to Natasha Lockwood
- \$1,000 Friends of Mascoma Foundation Scholarship Awarded to Taylor Crate
- \$500 Friends of Mascoma Foundation Scholarship Awarded to Meghan Timmins

The success of our scholarship program is thanks to our NH Gives fundraising campaign, individuals, and businesses sponsoring scholarships. NH Gives is a way to celebrate nonprofits in NH and is the primary way FOM raises money for our scholarship fund.

Friends of Mascoma Foundation is pleased to announce that, starting in 2019, scholarships renewable for past recipients up to three times!

Eligibility:

- Past recipients must be currently enrolled in a higher education program.
- Past recipients must sign up to be a fundraising champion for FOM during NH Gives.
- Past recipients who wish to renew their scholarship are required to email scholarships@friendsofmascoma.org before NH Gives to notify FOM of intent to renew and provide current contact information.
- Not a past scholarship recipient but in need of a scholarship? Email scholarships@friendsofmascoma.org to determine potential eligibility.

Applications for are due April 1st each year. For complete information on our scholarship programs please visit: friendsofmascoma.org/scholarship/

Program Updates: Mini Grants



In total, FOM has awarded over \$27,000 in mini-grant funds. Mini-grant applications are now reviewed on a rolling basis. We know staff and teachers will need our support during these unusual times. We look forward to reviewing and supporting some out of the box mini-grant requests to support our teachers and students during the 2020-2021 school year. To learn more about our mini-grant program or to apply please visit:

friendsofmascoma.org/mini-grants

FOM is pleased to offer a mini-grant program that supports, encourages, and facilitates projects and ideas that would not be possible within the existing school budget. During 2019 FOM awarded \$7,110.33 in mini-grants for seven projects throughout the district. Mini-grant projects in 2019 included:

- Gary Wood Milking Stool Project at Mascoma Valley Regional High School (photo above)
- Washer and Dryers at Canaan Elementary School and Enfield Village School
- Reader Rewards Program at Enfield Village School
- Moveable library shelving at Enfield Village School
- 'Guess Who?' board games for logic lessons at Mascoma Valley Regional High School
- Project Ukulele for 4th grade students at Canaan Elementary School and Enfield Village School (photos below)
- Michael Kratz residency for the woodshop and art classes at Mascoma Valley Regional High School



FOM Around the District



Volunteers

FOM would like to thank all of our volunteers that gave their time during 2019. Our volunteers help with everything from food pantries, clothing drives, event set up and clean up, parades, administrative tasks, and more. Our volunteers are the lifeblood of our organization. Throughout 2019 volunteers donated their time and energy to ensure our programs stayed up and running. We could not do everything we do without volunteer support. Thank you!

Donors

FOM would like to thank all of our donors that gave throughout 2019. Your support allows us to maintain and grow our three programs. Due to the unusual circumstances of the last few months we've decided to publish an abridged annual report. Please know that even though we have not listed all donors by name we very much appreciate all that you do for the Friends of Mascoma. Generous financial support and in-kind donations in the form of gifts, grants, food drives and more, from businesses, foundations and individuals in this community keep our small, but mighty organization going. From the FOM Board and Staff we thank you!

Anonymous
Bar Harbor Bank and Trust, Enfield
Bergeron's Lawn Service and Landscaping
Bob and Carol Cusick
Canaan Elementary School
Canaan NH Lions Club
Cardigan Mountain School
Cardigan Vet Clinic
Carolyn Neville Freese/ Duck Soup Catering
Co-op Food Stores
Conifer Health Solutions
Coralie Stewart
Denise Vogt (Harmony Farm)
DHMC Outpatient Rehab Services
DHMC Radiology Department
Dirk Andrew
Dodgeball Showdown Food Drive/Canaan Police
Dollar General of Canaan
Dutille's Jewelry Design Studio
Ecumenical Ingathering
Enfield Outing Club
Enfield Post Office
Enfield Village School
Grafton County Farm
Hunter Whyte
Jake's Market and Deli of Canaan
Janette Olson
Kate and AJ Stewart
KDR Fitness
Lana Evans
LaSalette of Enfield
Lisa Gaskin
Logan Evans
Marshall's Garage
Mascoma Bank Canaan
Melody Stauff

MTD Property Maintenance and Construction
MVRHS Student Council
Nettie Olson
NH Tackles Hunger Food Drive
Nutrition on the Green LLC
POP Up Snack Drive (Enfield Farmer's Market)
Price Chopper of West Lebanon
Proctor's General Store
Red Wagon Bakery and Cafe
Rudder's Rubbish Removal
Sarah Jims
Scott Russell
Shaw's of West Lebanon
Sue Hagerman
Shaker Valley Auto and Tire Inc.
Shaker Village Children's Garden
Upper Valley Humane Society
Upper Valley Line-X and Dyer's Welding & Fabrication
603 Bakery and Café
Whale Back Mountain
Willing Hands
WMUR and NH Food Bank Spirit of Giving 2019





9 On The Common

Check out all our
progress in 2019!

